



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 35008, Bear, polar, meat, raw (Alaska Native)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	70.30	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	130	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	545	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein <sup>1</sup>	g	25.60	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) <sup>1</sup>	g	3.10	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash <sup>1</sup>	g	1.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
<strong>Minerals</strong>													
Calcium, Ca <sup>1</sup>	mg	17	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe <sup>1</sup>	mg	6.10	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Potassium, K <sup>1</sup>	mg	40	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <sup>1</sup>	mg	2.0	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Thiamin <sup>1</sup>	mg	0.023	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Riboflavin <sup>1</sup>	mg	0.573	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin <sup>1</sup>	mg	4.000	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin A, IU <sup>1</sup>	IU	1400	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
<b>Lipids</b>													
Fatty acids, total saturated <sup>1</sup>	g	0.630	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated <sup>1</sup>	g	2.000	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total polyunsaturated <sup>1</sup>	g	0.460	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
18:2 undifferentiated <sup>1</sup>	g	0.080	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	01/2008
18:3 undifferentiated <sup>1</sup>	g	0.010	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	01/2008

#### Amino Acids

#### Other

#### Sources of Data

<sup>1</sup>Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993